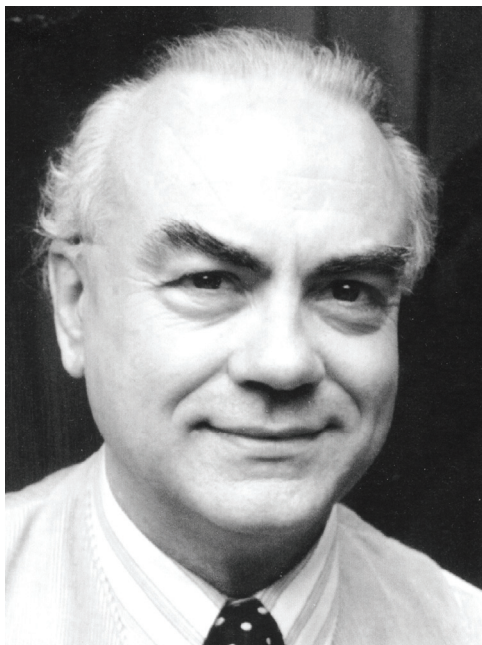


Adults

**Individuals
Couples**



**Bernard McDowell MSW
2700 SE 26th Ave
Suite D
Portland, OR 97202
503-234-9904**

**PortlandTherapist.com
PortlandCouplesCounseling.com**

Licensed Clinical Social Worker

Professional Interests / Specialties:

Effective, caring therapy (1) for finding your way out of painful relationship patterns; (2) for addressing depression whether simply “feeling down” and sluggish or (3) more intense symptoms such as chronic low mood and self-esteem; or (4) for the acute pain of, e.g., heartbreaks, divorce, and job loss.

Effective nuanced skills from years of experience to help couples wanting to reclaim respect and love while learning more fulfilling ways to navigate conflicts.

Other interests include assisting people to (1) rechannel habitual anxiety into creative expression, (2) nurture mature self exploration, unravel phobias, or chart major life changes (big decisions, career crises, loss, etc.)

In my approach, clients may discover therapy to be a surprisingly joyful, creative healing process— alternately challenging, humorous, deeply moving, and educational. In addition to very refined skills, I bring my heart and soul to my work with clients.

Education:

MSW, Portland State '92; BS in Psychology, USNY, '89; Electrical Engineering and Psychology at Carnegie Mellon University, '65-'69; advanced certifications in “neurolinguistics”, '82-'84.

Background / Experience:

Current private practice; previously provided psychotherapy, conflict resolution, and management consultation for an Employee Assistance Program; presented seminars and led groups for dozens of corporations and government agencies on communication, self-esteem, in response to trauma, etc.; served as a clinical supervisor for a teen program; worked with people with serious illness, '77-'84, using massage, exercises and imagery. Before becoming a therapist, I had quite varied life and work experiences that furnish a broad perspective on the many circumstances clients present.

Professional Affiliations / Activities:

American Mental Health Alliance-Oregon
National Association of Social Workers

Wheel Chair Access: No